



### Study Title

Impact of a Pharmacist-led Therapeutic Nutritional Intervention on Medications and Glucose Control in Type 2 Diabetes.

### Main Objective

To determine if people with type 2 diabetes are able to reduce and/or eliminate glucose-lowering medications by following a pharmacist-led low-carbohydrate ketogenic diet.

### Secondary Objectives

- Evaluate if following a low-carbohydrate ketogenic diet will lead to improvements in body composition and overall markers of blood glucose control (A1C, fasting glucose, insulin, C-peptide) and cardiometabolic health (blood lipids, hsCRP, blood pressure, anthropometrics, liver & kidney function)
- Evaluate if following a low-carbohydrate ketogenic diet will lead to improvements in quality of life.

### Study Design and Type

A multi-center, pragmatic effectiveness trial following a parallel-group randomized design with a 12-week follow-up. The therapeutic nutrition intervention will be compared to treatment-as-usual. Pharmacist-led therapeutic nutrition involves creation of a personalized care plan, approved by the patients' family physician, with weekly counselling sessions to ensure compliance and monitor medications and clinical status. Participants follow a low-carbohydrate (<50 grams per day), energy-restricted (~850-1100 kcal), moderate-protein (~1.0-1.2 g/kg) diet, which is standardized through use of weekly meal plans that include Ideal Protein® foods along with select vegetables and meats. Participants will be followed up at 6 and 12 months for exploratory analyses to assess the durability of any medication reductions and improvements in health status.

### Location of Study Centers

The study will be carried out in 13 Pharmasave locations across B.C.

### Study Sample

Obese type 2 diabetes patients (BMI ≥30) between the ages of 30 and 75 who are taking at least one glucose-lowering medication (N=200).

### Study Design

